

UPTOSPEED

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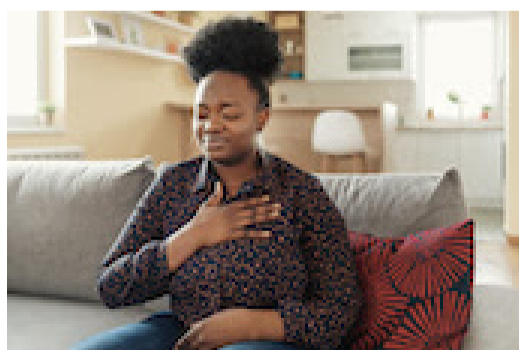
Why Dry January Has Its Drawbacks

You've probably heard someone talk about Dry January or going alcohol-free for one month. Maybe you've considered giving it a shot. While taking a break from booze is a good thing, Dry January comes with potential pitfalls.

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Bariatric Surgery: How Weight Loss Surgery Can Help



Essential Steps to Find Heartburn Relief



The Benefits of Blood Donation

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